



# Nay'dini'aa Na' Kayax Hwnic Giligagge

## CHICKALOON NATIVE VILLAGE NEWS

### Happy New Year

With all the discontent in our world, it can be overwhelming and disheartening. We need take a step back from all the chaos and remember to appreciate the important things in our lives and be thankful for what we have.

Take a walk in nature, breathe in the clean air, and be thankful to Creator for what has been provided. Spread kindness to others. Help others in need. Be creative and find ways to teach our younger generations how to be helpful to others, resilient, and able to problem-solve situations.

**Tsin'aen Nek'eltaeni!!**



Photo provided by Rhoda Grace Myers

### Ahtna Kenaage' (Language Lesson)

We can introduce ourselves in Ahtna using the answers below, so that we can have conversations with others.

Ugheli dzaen

Good Day

Q (to 1 person): Nts'e dit'ae?

How are you?

A: Ugheli etaen.

I am fine.

Q (to many people) (Nts'e doxt'ae?

How is everyone?

A: Ugheli aa tsi'ilaen'

We are all fine.

Q: Nts'e n'uze' dilaen?

What is your name?

A: \_\_\_\_\_ s'uze' dilaen.

My name is \_\_\_\_\_

Q: Nts'e ghiltsiit den da?

What's your clan?

A: \_\_\_\_\_ etaen.

My clan is \_\_\_\_\_

Q: Nda' tseni yaa?

Where you from?

A: \_\_\_\_\_ tsiinsyaa

This is where I am from.

A: \_\_\_\_\_ izda

This is where I live.

For pronunciations, see youtube video [https://www.youtube.com/watch?v=a0yl\\_wnM1qs](https://www.youtube.com/watch?v=a0yl_wnM1qs) or you are welcome to contact us. To learn your clan name in Ahtna, the Ahtna name for the city you are from, and the Ahtna name for the city you currently live in, contact us at [cadmin@chickaloon-nsn.gov](mailto:cadmin@chickaloon-nsn.gov).

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### **Taryn Aspen Harrison-Fanjoy**

*A beloved daughter, granddaughter, mother, sister, niece, cousin and friend, Taryn Aspen Harrison-Fanjoy, left this world unexpectedly, at the age of 24, on January 11, 2021.*

*Taryn was born in Anchorage, Alaska, on March 18, 1996 to Heather Elizabeth Hosman and Joshua David Main. A lifelong Alaskan, Taryn was a free spirit who loved exploring the world around her and delighted in finding new places and friends wherever she went.*

*As an extremely talented artist Taryn expressed herself through her art and the things she created. She was funny, outgoing and vivacious and had a wry, quirky sense of humor. She was fiercely loyal to her friends and family and she could relate to anyone and make anyone feel at ease.*

*Many knew Taryn only through the lens of the debilitating disease she battled for years. That wasn't the real Taryn, and those fortunate enough to truly know her immediately recognized her as a person who would give the clothes she was wearing off her back to help a friend in need (and she did so more than once!), one who ended nearly every conversation with those she cared for with 'love you'; and one who considered her close friends to be like brothers and sisters, which she often called them.*

*Taryn is survived by her son, her parents, her siblings, her grandparents, her aunts, uncles and many cousins. There are not enough words to describe the void her absence will leave in the lives of the family who love her.*

*In lieu of flowers the family asks that donations and remembrances be made to the Alaska Diabetes Association.*





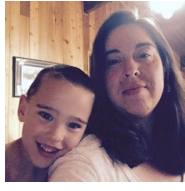



Heather with children Taryn, Skylar, Tristan, and Brett, Christmas 2002



Want to share your family news? Send submissions to Shelia Olson, [skolson@chickaloon-nsn.gov](mailto:skolson@chickaloon-nsn.gov).

## Accounting Department

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| <p>Brandy O'Malley</p>  <p>Accounting Director</p> <p>Specialty: Department Management, General Accounting</p> <p>Accounting duties: Staff supervision, accounts management, auditing, budgeting, reporting, and planning</p> | <p>Samantha Ange</p>  <p>Facilities &amp; Housing Director<br/>Accounts Specialist</p> <p>Specialty: Accounts Receivable &amp; Payroll</p> <p>Accounting duties: payroll Insurance, billing, and collections</p> | <p>Helen Carroll</p>  <p>Accounts Specialist</p> <p>Specialty: Accounts Payable</p> <p>Accounting duties: check requests, check run distribution, asset tracking, credit accounts, and petty cash</p> | <p>Janelle Foss</p>  <p>Accountant</p> <p>Specialty: General Accounting &amp; Grants management</p> <p>Accounting duties: staff credit cards, auditing, grant reports, training, and expense reports</p> | <p>Garnet Robertson</p>  <p>Accountant</p> <p>Specialty: General accounting</p> <p>Accounting duties: auditing, indirect charges, bank reconciliations, expense reports, and budgeting</p> | <p>Venita Rockstad</p>  <p>Administrative Assistant</p> <p>Specialty: Customer Service</p> <p>Accounting duties: supply ordering/inventory, filing, and incoming/outgoing mail</p> |
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## Administration Department

### Administration

& Accounting Department  
907-745-0749

Offices are Closed to the Public  
but We are Available Via Phone  
Monday through Friday  
9:00 AM—5:00 PM

The Chickaloon Village Traditional Council (CVTC) continues to monitor developments relating to the COVID-19 pandemic. The health and safety of staff members, Tribal citizens, program participants and the community are a priority.

As the situation involving COVID-19 evolves, CVTC leadership is responding to the latest developments in real-time.

As a result of the COVID-19 pandemic, the following emergency procedures are in place:

- Many programs and services are operating under a remote work delivery model.
- Access to all facilities is limited to authorized personnel only.
- Onsite screening and sign-in processes are required for all pre-approved visitors.
- Facilities and vehicles are being cleaned and sanitized on a frequent basis.
- In vehicles, shared workspaces and common areas, individuals are required to wear a mask and practice social distancing.
- Communication to staff members regarding operational changes, and health and safety practices, including any potential cases of primary or secondary contact with COVID-19, has been established and is on-going.
- As necessary, this document is being updated and shared with all staff members.

**Prevention is key - wear a mask, practice social distancing of at least 6 feet, and wash your hands frequently.**





## Education Department

Our Ya Ne Dah Ah Christmas Party was a little different this year due to COVID-19. We came together at the local ice skating rink at Sutton Elementary School, and students were gifted new skates. This was the first-time skating for many of our students, and we had a blast!



Ya Ne Dah Ah Students practice skating at Palmer Ice Rink

Duc Ngo, High School Teacher, showing his holiday spirit

Ya Ne Dah Ah staff is in the process of getting vaccinated in preparation for returning to school on February 8th. School will resume 9 am to 3:30 pm as follows:

**Students Pre-K and 1<sup>st</sup> Grade will attend Monday thru Friday.**

**Students 2<sup>nd</sup> through 8<sup>th</sup> grade will attend Monday thru Friday.**

**High School students will attend Monday thru Friday.**

**Online options will be available for parents who want to continue schooling from home.**

All precautions are being taken to protect our students including limiting visitors, daily temperature checks, frequent handwashing, mask wearing, and social distancing. We work hard to keep each other safe!

**Please join us in protecting each other and our Tribe!**





**Armchair (Environmental Health) Explorers** by Richard Chiolero, Tribal Response Program Coordinator

*Alts'eni na'aaye'* (January) is a tough time of year to be motivated. *Hwdik'ats'* (It is cold.). *Łts'ii* (It is windy.). *Guuxi sdestlaan* (I crave coffee.).

Adults know that it is important to keep our minds and bodies active when the weather is like this and we are stuck inside. Kids also know this, which is why they are probably driving you crazy trying to find something to do to keep themselves busy. The holidays are over and January is boring, but it does not have to be!

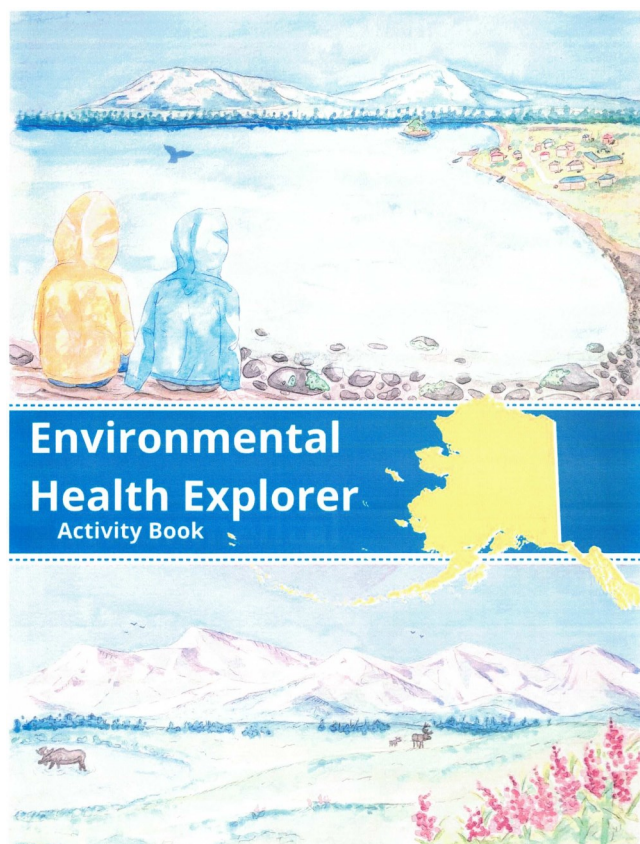
Why not use this time to learn something new? Our friends at the Alaska Native Tribal Health Consortium (ANTHC) have created the Environmental Health Explorer Activity Book.

It is full of different activities that we can do to learn about all kinds of things: Why do we wash our hands? Where does the trash go? What is a healthy home? (and my favorite) How can we clean polluted places? The best part: you can learn and do these activities inside where it's warm!

I am working on getting physical copies of this book, but in the meantime, why don't you go to this website to see it for yourself:

<http://www.atcemak.com/environmental-health-youth-outreach/?>

If you would like more information on any of the topics in the book from haiku to preparing for an emergency, I would be more than happy to help you myself or put you in touch with someone who can. If you want your own physical copy of this activity book, just let me know, [rechiolero@chickaloon-nsn.gov](mailto:rechiolero@chickaloon-nsn.gov). Let's create more Environmental Health Explorers!



**Dog-powered Hunting** By Maio Nishkian

My name is Maio Nishkian and I am one of the Ahtna Cultural Interpreters for the CVTC Environmental Stewardship Department.

Dog sleds can be used for hunting instead of using snowmachines or ATVs to be ethical and respectful to the Tribes and their land we are traveling on for hunting.

For more information and discussion, feel free to contact me at [manishkian@chickaloon-nsn.gov](mailto:manishkian@chickaloon-nsn.gov)



### Elder Spotlight—Rain Wade

Rain is the daughter of Katie Wade and Richard “Tiny” Wade. She is one of the Tribe’s Clan Grandmothers, alongside Janet Daniels. Rain has been our Elder Cultural Interpretive Guide most summers. She loves the land and enjoys providing the history of the family and the land by telling wonderful stories. Rain has created a written family history book and would love to have a few people review and help complete the project.

She stated that one of the many lessons she has learned in life came from her mother and her main hero, Katie Wade. Whenever Rain came across something in life that seemed too tough to complete, whether it was as a child learning to tie her shoes or as an adult on a arduous hike, and she voiced to her mother that she couldn’t do it, her mom’s advice was always, “You can do it!”

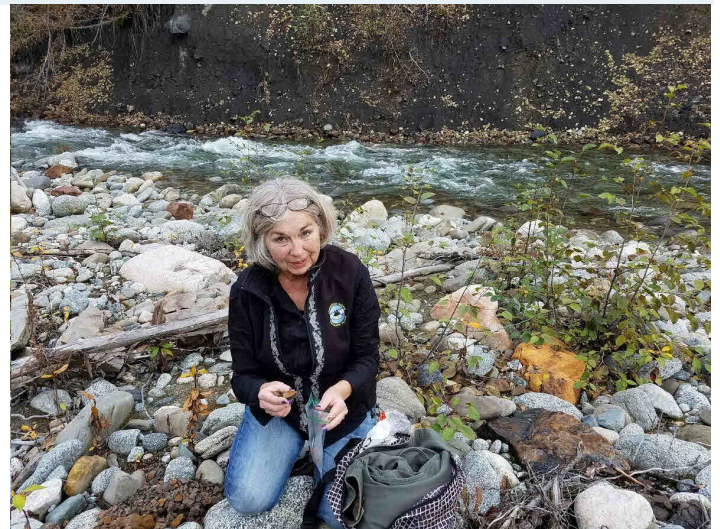
Rain is a self-taught painter and uses the beautiful scenery around her to capture that on canvas. She utilizes pieces of driftwood as art pieces and repurposes some for the display shelves for her art!

Rain would love to have the Tribal Citizens reconnected no matter where they live, near or far. The newsletter is a great start to that. She feels that Covid times have been tough on families in that “we are not being able to gather in person to share life experiences and easily teach skills with our family members”.



Photo on left is when Rain and Daniel were on the cover of the Mat-Su Trails & Parks pamphlet. This and other photos can be found at <https://matsutrails.org/>

Photo on the right is Rain in her element, outside with nature and providing a story of the yellow ochre she found and told those around that. “was used by our ancestors and when mixed with spruce pitch and oil, it makes a waterproof bond for birch canoes and leather clothing.”



### Staff Member Spotlight—Jessica Winnestaffer, Environmental Stewardship Director

**Where she was born:** Jessica was born in Chelmsford, England, where her parents lived on a small, wood sailboat.

**Her immediate family:** Mother: Nancy Dryden, Father: Dan Dryden Jr. (passed away), Brother: Daniel Dryden III, Husband: Brian Winnestaffer, Kids: Rowan, Rhya, and Ryland.

**Fun Fact:** Jessica counted salmon using sonar for three summers on the Yukon (near Pilot Station), Anvik, and Sheenjek Rivers. She loved driving river boats and experiencing new parts of Alaska!

**Her life goal:** To contribute positively to her community.

**A Bucket List Item:** Hike on El Camino de Santiago with her mom, Brian, and their kids.

**Who is her Hero:** Everybody who compassionately helps others during turmoil.





## Health & Social Services Department

**HAPPY NEW YEAR!** The Health Department is excited that 2021 has arrived. We have many exciting things to share with you! First and foremost, we would like to take a moment to thank those in our community who have donated to our Elders Lunch Program over the last several months. Your donations and gifts go such a long way in supporting our Elders and our community. We are all so thankful for your thoughtfulness and your kindness during these challenging times. As we enter the New Year, we will be continuing to offer weekly grocery delivery to our Elders. If you know of an Elder in need, please contact Flora Deacon or Dorothy Boatright in the Health Department at: **(907) 745-0704**.



**TRANSPORTATION**—We continue to provide transportation assistance to Elders and the community Monday through Wednesday. Please contact Nancy or Rose at **(907) 745-0704** to schedule your ride, and please remember to call 2-3 three days in advance of your appointment to ensure transportation availability.

**ELDER WELLNESS ADVOCATE PROGRAM**—We are expanding our ability to provide services. We are appreciative of our partners, **Southcentral Foundation, Mat-Su Health Foundation, and the Administration on Aging**. With support from these partners, we are now able to expand our Elder Wellness Advocate Program. This Program, which began as a pilot program, has proved vital for the health and wellbeing of our Elders and their families. Over the last year, our Elder Wellness Advocate, Crystal Howard, has worked tirelessly to provide in-home supports and services to Elders and their caregivers. We are excited to be recruiting for an additional Advocate to assist Crystal.

**CAREGIVER SUPPORT PROGRAM**—We are now able to provide additional resources to caregivers and Elders. This program will allow us to provide or assist in providing medical equipment necessary for independent living, respite services, and referrals and access to resources for Elders. If you are aware of a family in need, please contact our Family Preservation Caseworker, Barb Leppanen, for additional information about our Caregiver Support Program.

Barb has worked diligently to complete her Behavioral Health Aide program over the last year and a half. It is anticipated that she will complete her studies this year! We are excited and proud of the good work Barb has done and the growth she has demonstrated as she progresses in her education.

**TRIBAL OPIOID RESPONSE PROGRAM**—CVTC's Tribal Opioid Response Program is now able to provide Chemical Dependency Counseling Services, case-management, and referrals for other treatment services. This is a confidential, no-cost program open to everyone in the community. Over the coming months, we hope to provide additional recovery support services such as: sober living activities, support groups, etc. If you or someone you know is experiencing any form of substance misuse, please contact Vera, Caseworker or Ryan, Counselor, at **(907) 745-0704**.

**ICWA INTERN**—Over the last several months, some of you may have had the opportunity to work with Faith Itta, a Bachelor of Social Work Student from the University of Alaska. She has been interning in the Health & Social Services Department since August. Faith is expecting to graduate this Spring! We have been fortunate to have Faith assisting various staff members in our department, and are excited to see where her future Social Work career takes her.

### Take Steps to Optimize Your Immune System Health By Medical Director Dr. David Lessens

Though this season has brought us the familiarity of mountain tops covered in white snow and days with limited sunlight, this has been an unusual winter as our lives continue to be altered by the COVID-19 pandemic. We also find ourselves entering the cold and flu season. There is no better time to ensure that we are taking care of ourselves by focusing on the health of our immune system. Increase your chances of a healthier winter season by practicing physical distancing, getting recommended immunizations, and adopting immune boosting activities into your daily routine.

The interconnected systems in your body — and especially your immune system — all improve by adopting a similar set of behaviors. **While making changes may not be easy, the following goals can serve as guideposts to motivate you and your loved ones on your health journeys:**

#### Restful and Sufficient Sleep

For adults, an optimal sleep duration is 7 - 9 hours per night. **Sleep may be the most important factor in keeping the immune system primed**, as a single night of insufficient sleep can immediately increase one's chances of contracting a viral illness the following day.

#### Relaxation and Connection

Much like insufficient sleep, **stress can also impair immunity**. Stressors can be physical, mental, emotional, or spiritual. Strategies for combating stress and boosting immunity include reconnecting with family or friends, tending to a daily breathing or meditation practice, journaling, or visiting a behavioral health professional. Southcentral Foundation providers and behavioral health consultants are available to provide support. Work with your primary care team to help you identify other techniques that are appropriate for your specific situation.



Picture from meditationlifeskills.com



Picture from lifeline24.co.uk

#### Nourishing Foods

Eating a healthy, well-balanced diet can boost and improve immune health. Here are three factors that are particularly important: • **Boost healthy fats and decrease simple sugars.** Healthy fat examples: fatty fish, wild-caught meats, avocados, nuts/seeds, olive oil. Simple sugars examples: candy, white rice, refined pasta, chips, baked goods, white bread. • **Eat a daily rainbow of fruits and vegetables.** The nutrients that give these foods their color have a range of unique immunity benefits. Aim for two servings with each meal, to include red, blue/purple, orange/ yellow, green, and white/brown. • **Tend your microbiome.** The bacteria in our gut helps to prime our immune systems from an early age. Because your gut bacteria feed on fiber, aim to get at least 25 grams per day. You can replenish your gut bacteria, and even change it, by eating fermented foods, which include dried fish, tempeh, sauerkraut, yogurt, and kombucha.



Picture from heartandstroke.ca

#### Targeted Supplementation

Although food nourishes our bodies better than supplements, the additional intake of key vitamins and minerals can boost our immune system. **Due to our northern latitude, for instance, Alaskans are commonly deficient in vitamin D. It is important to boost intake of vitamin D because the lack of this key vitamin has been associated with contracting more and having more severe viral illnesses.** If you are curious about other supplements, work closely with your primary care team to determine what is best for you. Along with wearing a mask, washing your hands, and practicing physical distancing, we can thrive this winter by taking care of ourselves and our immune systems.

For more information on methods to improve immune system health, or to make an appointment with a registered dietitian about creating a meal plan, speak with your primary care team or call (907) 729-3300.

Article Originally in Southcentral Foundation, Anchorage Native News, Holiday Edition 2020, Page 6. Reproduced by written permission. Emphasis by Chickaloon News Editor



### Safely Protecting Our Family & Community

The U.S. Centers for Disease Control and Protection (CDC) is the nation's health protection agency.

- Wearing a mask, washing your hands and practicing social distancing are tools. However, they are not enough.
- According to the CDC, a COVID-19 vaccination **will help keep you from getting infected** and is a safer way to help build protection – for our family and community.
- Before a vaccine can be approved for use, the known and potential benefits must outweigh any potential harms.

### COVID-19 Vaccine Highlights

Vaccine-Related Highlights:

- The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease.
- In December 2020, the Federal Government authorized the emergency use of the vaccine Pfizer (for those aged 16 and older) and Moderna (for those aged 18 and older).
- Both are available in limited supply and require two doses.
- Some people who test positive for COVID-19 do not experience any symptoms. The vaccines may not stop you from catching and passing on the virus.
- Even if you have tested positive for COVID-19, it is recommended that you be vaccinated. Re-infection is possible.



### What to Expect: Before, During & After

The COVID-19 vaccine is an important tool to stop the pandemic.

**Before** – Talk with your medical provider. Ask questions and share any concerns.

**During** – Any known side effects will be shared with you at your appointment. Medical staff will safely monitor you before sending you home.

**After** – Contact your provider w/any follow-up questions.

Please continue to wear a mask, wash your hands and social distance.

Lisa Wade, Division Director of Health, Education, & Social Services receiving vaccination from Christine Hall, Certified Medical Assistant

For more information, see the following websites or contact Dorothy Walker, Public Health Manager for CNV. She can be reached by email [dswalker@chickaloon-nsn.gov](mailto:dswalker@chickaloon-nsn.gov) or phone 907-745-0749:

Ensuring the Safety of COVID-19 Vaccines in the United States:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html>

Benefits of Getting a COVID-19 Vaccine:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

What to Expect at Your Appointment to Get Vaccinated for COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html>

What to Expect After Getting a COVID-19 Vaccine:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

Facts About COVID-19 Vaccines:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

Frequently Asked Questions About COVID-19 Vaccination:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>



## Justice Department



### Meet New Staff Member—Timothy Cassidy

We are excited to announce that our Justice Department has a new Director/Chief Peace Officer, Timothy Cassidy. Tim is a Retired US Army Medic. He has a degree in Health Science, working on a second degree in Criminal Justice. Tim graduated from the Alaska State Trooper Academy as well as the Federal Law Enforcement Training Academy. He has worked as a VPSO, Federal Police Officer, and Chief of Police in Unalakleet, Alaska.

“I am excited to work with a great Tribal government and serve this impressive, beautiful community.” ~Tim Cassidy

Justice Department  
Tribal Court  
907-745-0700

Offices are closed to  
the public at this time  
but you can call office  
Monday through Friday  
9:00 AM—5:00 PM

IF AN EMERGENCY  
CALL 911

### Domestic Violence Resource Information—We are here for you, reach out to our Tribal Peace Officer for help.

Alaska Family Services, Palmer (907) 746-4080 or (866) 746-4080

Abused Women's Aid In Crisis (AWAIC), Anchorage (907) 279-9581 or (907) 279-0100

Connect Mat-Su, Wasilla (907) 373-2628

Directory of Shelters/Advocates in Alaska <http://www.law.alaska.gov/departments/criminal/shelter-directory.html>

To learn the signs of DV—<https://ncadv.org/signs-of-abuse>

## Transportation Department

### Emergency Preparations

Chickaloon Native Village was one of the first recipients of a grant to help mitigate issues stemming from the big November 2018 Earthquake. Working with FEMA and the State of Alaska, CVTC will be installing a large generator (like the one shown) at our Moose Creek Campus to help during power outages. The Administration/Environmental Stewardship office, Ya Ne Dah Ah school and annex buildings will now have back-up power during emergencies!



### Chickaloon Area Transit System (CATs)

CATs is pleased to continue providing rides for our community. Our drivers are keeping our vehicles clean and wiped down with disinfectant to provide a safe environment for riders and staff members.

To schedule a ride, please call 745-CATs or 745-2287. Leave a voice mail message with your name, call back number, date(s) and time(s) of travel, and specific location you will be traveling to and from.



In order to continue to provide services, CATs limits ride to one person at a time or two if from the same household. Passengers are asked to: 1) Let CATs know if you have symptoms of COVID19 at the time you schedule a ride and when you are picked up. 2) Wear a clean and well-fitting mask during your transport. Masks can be provided upon request.



## Letter of Thanks From Cousins to Council Regarding the COVID-19 Economic Relief Distribution

Thank you so much for thinking of us! The gesture means the world to us! Here are a few pictures of my family who appreciate your love and support. Xavier Smith, also Spring, Kai, Alicia, Harmonie, Shamica, and Janae.



Want to share your family photos?  
Send submissions to Shelia Olson,  
[skolson@chickaloon-nsn.gov](mailto:skolson@chickaloon-nsn.gov).

Tsin'aen Xavier for sharing  
photos of our beautiful cousins  
with us! Please stay connected  
via our facebook page  
[https://www.facebook.com/  
Chickaloon-Village-Traditional  
-Council-318807830162](https://www.facebook.com/Chickaloon-Village-Traditional-Council-318807830162)





**Nay'dini'aa Na'**



**Ts'es Tac'ilaexden**



**Benteh**



**Nuutah**



**Dghayitna'**

To hear the pronunciations of the local places in Ahtna, please view the following youtube video, a part of the Ahtna Ahtna channel created by Ya Ne Dah Ah Staff members <https://www.youtube.com/watch?v=cQTCSR0skLE>

Chickaloon Village Traditional Council

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Website: [www.chickaloon-nsn.gov](http://www.chickaloon-nsn.gov)

PLEASE  
PLACE  
STAMP  
HERE



**NAY'DINI'AA NA' KAYAX—CHICKALOON NATIVE VILLAGE**

